

Movement you can control

Eight everyday movements, organised by their main focus.



8 MOVEMENTS · FOCUS AND FORM

Clear movement descriptions with consistent cues for focus and sequence.

From arm work to standing strength

The sequence follows the main focus: biceps curl, upper back, chest, then two standing movements for thighs and glutes. Hip hinge, outer hip and calves follow. Multi-joint movements share their focus.

RED
Main focus

LIGHT RED
Also involved

BLUE
Direction

01 **BICEPS**
Biceps curl with water bottles

02 **UPPER BACK**
Seated resistance-band row

03 **CHEST**
Wall press-up

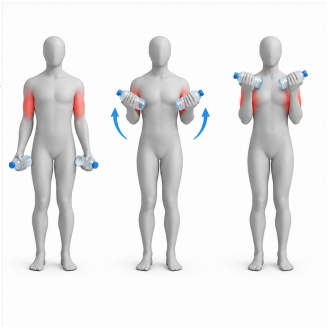
04 **THIGHS + GLUTES**
Sit-to-stand

05 **THIGHS + GLUTES**
Low step-up with support

06 **GLUTES + HAMSTRINGS**
Wall hip hinge

07 **OUTER HIP**
Side leg raise

08 **CALVES**
Supported calf raise

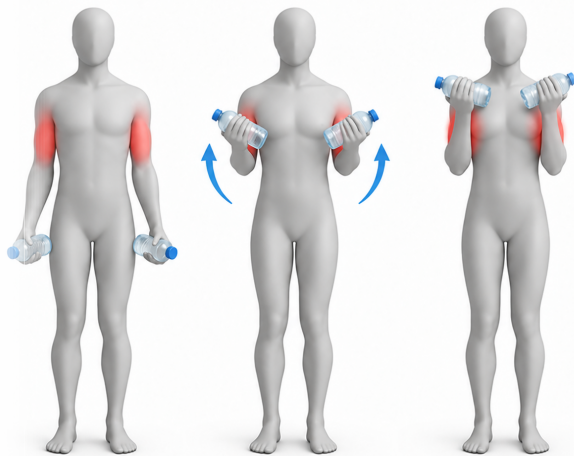


MARKER ON EVERY PAGE

Chapter name, number and focus appear at the page head and edge. Existing figures show the movement; red marks its focus.

Biceps curl with water bottles

A controlled biceps curl with light water bottles.



FOCUS

Biceps



MOVEMENT

Curl the forearms toward the shoulders, then lower with control

EQUIPMENT

two light water bottles

- 01** Use two light, sealed water bottles; stand securely or sit upright.
- 02** Arms rest by your sides, palms facing forward.
- 03** Bend elbows and bring bottles toward shoulders.
- 04** Lower slowly; keep upper arms still.
- 05** Start with less water; do not swing your torso.

A QUICK NOTE

Does the movement stay calm and controlled?